



WALK MORE IN FOUR

CHALLENGE

WIN

\$500 DOLLARS FOR YOUR SCHOOL

Walk More in Four, an annual walking and biking challenge for students K-8 across the state, begins September 10 and runs through October 5. Your school has a chance to win up to \$500. Participating students will be entered to win bikes, scooters, helmets and more.

Students must walk or bike to school three times per week for four weeks to qualify. Those who live too far can compete by walking or riding within their neighborhood.



3X FOR 4

A WEEK WEEKS



Get more information at
WalkMore.SafeRoutesUtah.com



TRACK PROGRESS

STEP 1 



Walk or bike to school three times a week for four weeks.
Those who live too far can compete by walking or riding
within their neighborhood.

STEP 2 



Use the chart below to track the days you walk or bike
to school.

STEP 3 



Submit your progress chart as early as October 4.

Email a photo/scan: contact@SafeRoutesUtah.com

Submit online: WalkMore.SafeRoutesUtah.com

Submissions must be received by October 12.

week 1	Mon. Sept. 10	Tues. Sept. 11	Wed. Sept. 12	Thurs. Sept. 13	Fri. Sept. 14	week 2	Mon. Sept. 17	Tues. Sept. 18	Wed. Sept. 19	Thurs. Sept. 20	Fri. Sept. 21
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
week 3	Mon. Sept. 24	Tues. Sept. 25	Wed. Sept. 26	Thurs. Sept. 27	Fri. Sept. 28	week 4	Mon. Oct. 1	Tues. Oct. 2	Wed. Oct. 3	Thurs. Oct. 4	Fri. Oct. 5
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Student Name (please print)

School Name

School District

Contact Email & Phone

Parent/Guardian Signature



PARTICIPATING K-8 STUDENTS
ARE ELIGIBLE TO WIN PRIZES